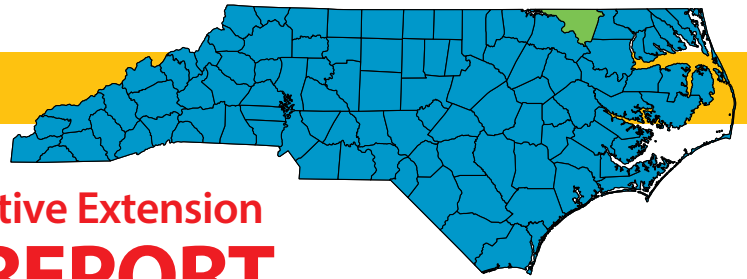




# NC Cooperative Extension 2021 REPORT

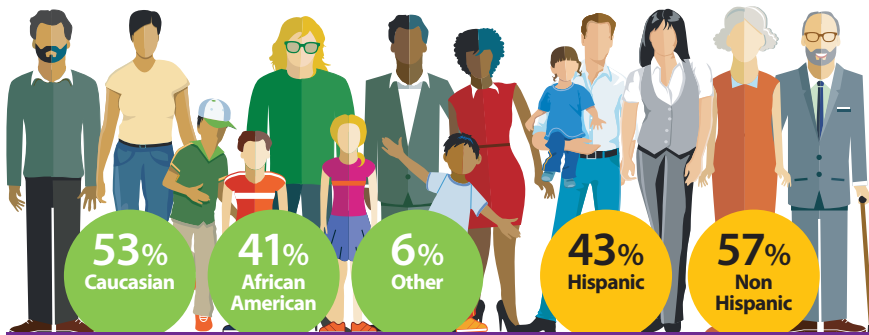


## North Carolina

### Supporting North Carolina's Families with Greatest Needs Since 1969

EFNEP helps address the challenges limited resource families face when introducing healthy changes through nutrition education, cooking classes, physical activity strategies, and shopping on a limited budget. EFNEP provides:

- Peer-to-peer, hands on education in the community
- Healthy, low-cost recipes
- Simple strategies to help families move more together



North Carolina EFNEP Reaches Diverse Audiences

#### In 2021:

**1,233** families enrolled in EFNEP.

**9,032** youth participated in 4-H EFNEP.

**84%** of EFNEP participants were enrolled in one or more food assistance programs.

North Carolina EFNEP programs obtained over **\$808,383** in funding and support from local efforts.

#### WHAT IS EFNEP?

EFNEP serves limited-resource families with young children, school-age youth, and pregnant teens through a series of lessons offered by paraprofessionals and volunteers, many of whom are indigenous to the population. In 2021, EFNEP served 42 counties in North Carolina. Participants learned how to:

- Make wise food choices
- Increase daily physical activity
- Manage food resources
- Practice food safety

#### EFNEP Makes a Real Difference

- 97%** of EFNEP participants improved dietary intake.
- 85%** now practice daily physical activity.
- 96%** practice better food resource management.
- 91%** have improved their food safety habits.

#### Volunteers Strengthen EFNEP

In 2021, **900** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.



# 2021 NC Cooperative Extension Northampton County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic. In Northampton County, 91 individuals were reached through direct programming.

Northampton County EFNEP programs obtained  
**\$20,327** in funding and support from local efforts.

## EFNEP SUCCESS

### **Healthy on a Budget**

A mother of two recently reported that she has been preparing more meals at home and has lost over 40 pounds in the past year after she completed the EFNEP series in Northampton County.

Prior to EFNEP, she thought she was saving time and money by eating out and ordering from the value menu. However, since enrolling in EFNEP she has learned to save money by preparing meals at home. It may require a little more planning ahead and preparation, but it was well worth her effort. With her pantry well-stocked, she states that she can whip up a homemade meal in under 30 minutes or less.

**“You do not have to be a fancy, good cook, I just follow the EFNEP recipes in the cookbook for a quick and easy [meal]!”**

She mentions that eating healthy is important to her and her family and it has been a lifestyle change for them. **“Not only am I saving time and money, but I am also drinking more water and walking almost every day.”**

As a result of her successful journey, she chose to become a program volunteer. She states, “I enjoy sharing this important information with others in my community to help spread the word on a healthy lifestyle.” She also expressed her gratitude that EFNEP has helped her realize how important it is to include healthy foods and physical activity in her life.

### **EFNEP Helps Families Improve Food Safety Practices at Home**

EFNEP educators understand that not all kitchens may be equipped to implement proper food safety practices. One of the benefits of taking an EFNEP class in Northampton County is that participants who complete the program receive skill builders related to the lessons to help them implement healthy practices at home.

“Food safety was one of my favorite lessons taught during the Expanded Food and Nutrition Education Program classes,” stated one mom of four small children.

She learned about using a meat thermometer to ensure food is cooked to the appropriate temperature and how to use a cutting board safely. She stated, **“This program has helped me form [food safety] habits and skills that I didn’t have**

**before the class.”** She received both a thermometer and a cutting board by attending the EFNEP classes, which turned out to be helpful since she did not have them at home.

EFNEP in Northampton County has been able to teach families proper food safety while providing them with the tools they need to practice it.



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